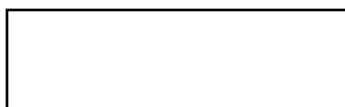


Your AI-Generated Schedule

Date	Time	Task	Duration
2025-09-17	08:00	Ø=Üª Full-body gym (strength focus	1h
2025-09-17	09:00	3–6 reps	1h
2025-09-17	10:00	compound lifts)	1h
2025-09-17	11:00	Muscle / Function	1h
2025-09-17	12:00	Exercise	1h
2025-09-17	13:00	Sets x Reps	1h
2025-09-17	14:00	Notes	1h
2025-09-17	15:00	Quads & Glutes	1h
2025-09-17	16:00	Back Squat (or Front Squat)	1h
2025-09-17	17:00	4x4–6	1h
2025-09-17	18:00	Explosive up	1h
2025-09-17	19:00	controlled down	1h
2025-09-17	20:00	Hamstrings / Posterior Chain	1h
2025-09-17	21:00	Romanian Deadlift	1h
2025-09-17	22:00	3x5	1h
2025-09-17	23:00	Slow down	1h



24:00



fast up



25:00



focus on glutes &
hamstrings

2025-09-17

26:00

Single-Leg Stability

2025-09-17

27:00

Bulgarian Split Squat

2025-09-17

28:00

3x6/leg

2025-09-17

29:00

Helps sprinting

2025-09-17

30:00

kicking

2025-09-17

31:00

balance

2025-09-17

32:00

Upper Body Pull

2025-09-17

33:00

Pull-Ups / Weighted Pull-Ups

2025-09-17

34:00

4x6

2025-09-17

35:00

Lats

2025-09-17

36:00

posture

2025-09-17

37:00

sprint arm drive

2025-09-17

38:00

Upper Body Push

2025-09-17

39:00

Bench Press / Dumbbell
Press

2025-09-17

40:00

2025-09-17

41:00

Explosive push for
tackling & shoulder
strength

2025-09-17

42:00

Upper Body Pull /
Shoulder

2025-09-17

43:00

Barbell or Dumbbell Row

2025-09-17

44:00

2025-09-17

45:00

Upper back

2025-09-17

46:00

posterior shoulder

2025-09-17

47:00

anti-rotation

2025-09-17

48:00

2025-09-17

49:00

Pallof Press / Plank with
Arm Lift

2025-09-17

50:00

3x30-45s

2025-09-17

51:00

Core stability & injury
prevention

2025-09-17

52:00

Grip / Full Body Tension

2025-09-17

53:00

Farmer Carry

2025-09-17

54:00

2x40m

2025-09-17

55:00

Grip

2025-09-17

56:00

posture

2025-09-17

57:00

total-body tension

2025-09-17

58:00

Full-Body Post-Workout Recovery & Stretching

2025-09-17

59:00

2025-09-17

60:00

Hip Flexor Stretch
(Runner's Lunge) –
2x30s per leg

2025-09-17

61:00

Open hips

2025-09-17

62:00

improve stride length.

2025-09-17

63:00

Hamstring Stretch
(Seated or Standing) –
2x30s per leg

2025-09-17

64:00

Prevent hamstring
tightness after squats &
RDLs.

2025-09-17

65:00

Glute Stretch (Figure 4
Stretch) – 2x30s per leg

2025-09-17

66:00

Relieves glutes

2025-09-17

67:00

supports explosive
movements.

2025-09-17

68:00

Adductor Stretch
(Butterfly or Side Lunge
Stretch) – 2x30s

2025-09-17

69:00

Helps side-to-side
movement on the pitch.

2025-09-17

70:00

Upper Body / Shoulders /
Back

2025-09-17

71:00

Chest Stretch (Doorway
Stretch) – 2x30s

2025-09-17

72:00

Opens chest after bench
press.

2025-09-17

73:00

Lat Stretch (Overhead
Reach / Child's Pose
Variation) – 2x30s

2025-09-17

74:00

Loosens lats after pull-ups and rows.

2025-09-17

75:00

Rear Delts / Upper Back
Stretch – 2x30s

2025-09-17

76:00

Cross arm across chest
and pull gently.

2025-09-17

77:00

2025-09-17

78:00

Cat-Cow Stretch – 2×10
slow reps

2025-09-17

79:00

Mobilizes spine and core.

2025-09-17

80:00

Stir the Pot (on Stability
Ball) – 2–3x30s

2025-09-17

81:00

Keep hips stable

2025-09-17

82:00

rotate arms in circles;
engages deep core.

2025-09-17

83:00

Seated Spinal Twist –
2x30s per side

2025-09-17

84:00

Improves thoracic
mobility and rotation for
kicking & turning.

2025-09-17

85:00

Full-Body / Dynamic
Release

2025-09-17

86:00

Foam Rolling (Optional
but Recommended) – 5–
10 min

2025-09-17

87:00

Quads

2025-09-17

88:00

hamstrings

2025-09-17

89:00

glutes

2025-09-17

90:00

calves

2025-09-17

91:00

lats

2025-09-17

92:00

upper back.

2025-09-17

93:00

TUESDAY

2025-09-17

94:00

Solo Soccer Plyometrics
+ Linear Speed Session
(60–70 min)

2025-09-17

95:00

1. Warm-Up (10–12 min)

2025-09-17

96:00

Leg swings (forward/
back) 10 each leg

2025-09-17

97:00

Hip circles 10 each side

2025-09-17

98:00

Arm swings & shoulder
circles 10 reps

2025-09-17

99:00

High knees 2x20m

2025-09-17

100:00

Butt kicks 2x20m

2025-09-17

101:00

A-skips / B-skips 2x20m

2025-09-17

102:00

2. Plyometric Drills (25–30 min)

2025-09-17

103:00

Explosive Lower Body

2025-09-17

104:00

Standing broad jumps:

3×6

2025-09-17

105:00

Single-leg hops (forward):
2x6 per leg

2025-09-17

106:00

Depth jumps (low box /
step): 3x5

2025-09-17

107:00

Tuck jumps: 2×10

2025-09-17

108:00

Split squat jumps: 3x8
per leg

2025-09-17

109:00

Bounding / Power skips:

2×15m – exaggerate

stride

2025-09-17

110:00

arm drive

2025-09-17

111:00

Single-leg box hops: 2x6
per leg

2025-09-17

112:00

Focus: Single-leg power

2025-09-17

113:00

hip extension

2025-09-17

114:00

landing control

2025-09-17

115:00

3. Linear Acceleration Sprints (20 min)

2025-09-17

116:00

10–15m sprints from
standing: 6–8 reps

2025-09-17

117:00

full effort

2025-09-17

118:00

walk back recovery

2025-09-17

119:00

20–30m sprints from 3-
point start / jogging start:
4–6 reps

2025-09-17

120:00

Flying sprints (10m build-up + 20m sprint): 3–4 reps

2025-09-17

121:00

Focus: Explosive first
steps

2025-09-17

122:00

sprint mechanics

2025-09-17

123:00

top-end speed

2025-09-17

124:00

4. Core / Stability (Optional

2025-09-17

125:00

5–8 min)

2025-09-17

126:00

Stir the Pot (stability ball):
2–3×30s controlled circles

2025-09-17

127:00

Planks / Side Planks:
2x30–45s each

2025-09-17

128:00

Focus: Core stability

2025-09-17

129:00

essential for balance and
tackling

2025-09-17

130:00

5. Cool-Down &
Stretching (5–8 min)

2025-09-17

131:00

Light jogging / walking

2025-09-17

132:00

Static stretches:
hamstrings

2025-09-17

133:00

quads

2025-09-17

134:00

calves

2025-09-17

135:00

glutes

2025-09-17

136:00

hip flexors

2025-09-17

137:00

Foam rolling optional

2025-09-17

138:00

WEDNESDAY

2025-09-17

139:00

Soccer-Specific Strength-
Endurance / Acceleration
Session (60–70 min)

2025-09-17

140:00

1. Lower Body –
Explosive & Isometric

2025-09-17

141:00

Exercise

2025-09-17

142:00

Sets x Duration / Reps

2025-09-17

143:00

2025-09-17

144:00

Goblet Squat

2025-09-17

145:00

2025-09-17

146:00

Strengthens quads &
glutes for sprinting &
tackling

2025-09-17

147:00

Bulgarian Split Squat

2025-09-17

148:00

3x12/leg

2025-09-17

149:00

Single-leg power for
kicking & cutting

2025-09-17

150:00

Lunge Hold / Split-Lunge
Iso

2025-09-17

151:00

3x20-30s/leg

2025-09-17

152:00

Improves sprint stride
stability & balance under
fatigue

2025-09-17

153:00

Romanian Deadlift

2025-09-17

154:00

2025-09-17

155:00

Hamstring & glute
endurance for repeated
acceleration

2025-09-17

156:00

Wall Sit

2025-09-17

157:00

3x30-45s

2025-09-17

158:00

Maintain defensive
stance & posture

2025-09-17

159:00

Calf Raise

2025-09-17

160:00

2025-09-17

161:00

Push-off power for sprints
& quick changes

2025-09-17

162:00

2. Upper Body – Push & Pull

2025-09-17

163:00

Exercise

2025-09-17

164:00

Sets x Reps

2025-09-17

165:00

2025-09-17

166:00

Dumbbell Bench Press

2025-09-17

167:00

2025-09-17

168:00

Explosive arms for
shielding & tackling

2025-09-17

169:00

Push-Up Hold

2025-09-17

170:00

3×15–20s

2025-09-17

171:00

Core + upper body
endurance for physical
duels

2025-09-17

172:00

Dumbbell Row

2025-09-17

173:00

2025-09-17

174:00

Upper back endurance
for posture & sprint arm
drive

2025-09-17

175:00

Lateral Raise

2025-09-17

176:00

2025-09-17

177:00

Shoulder stability for
balance when running or
defending

2025-09-17

178:00

Rear Delt Fly

2025-09-17

179:00

2025-09-17

180:00

Prevents rounded
shoulders

2025-09-17

181:00

helps tackling posture

2025-09-17

182:00

3. Core / Stability

2025-09-17

183:00

Exercise

2025-09-17

184:00

Sets x Duration / Reps

2025-09-17

185:00

2025-09-17

186:00

Plank Variations

2025-09-17

187:00

3x30-60s

2025-09-17

188:00

Maintain strong defensive
stance & posture

2025-09-17

189:00

2025-09-17

190:00

2025-09-17

191:00

Anti-rotation core for
tackling & shielding

2025-09-17

192:00

Hollow Hold

2025-09-17

193:00

3x20-30s

2025-09-17

194:00

Core endurance for
sprinting & jumping

2025-09-17

195:00

4. Acceleration-Specific Extras

2025-09-17

196:00

Bodyweight Jump Squats

– 3x12

2025-09-17

197:00

Explosive take-offs for
attacking and recovering
position

2025-09-17

198:00

Single-Leg Hops Forward
– 2x6/leg

2025-09-17

199:00

Push-off power &
balance for sprinting /
changing direction

2025-09-17

200:00

FRIDAY

2025-09-17

201:00

Bodyweight Explosive
Session for Soccer (50–
60 min)

2025-09-17

202:00

1. Warm-Up (8–10 min)

2025-09-17

203:00

High knees 2x20m

2025-09-17

204:00

Butt kicks 2x20m

2025-09-17

205:00

A-skips / B-skips 2x20m

2025-09-17

206:00

Mini hops / jump rope
simulation 2–3 min

2025-09-17

207:00

Hip circles

2025-09-17

208:00

leg swings

2025-09-17

209:00

arm circles

2025-09-17

210:00

2. Lower Body Explosiveness

2025-09-17

211:00

Exercise

2025-09-17

212:00

Sets x Reps

2025-09-17

213:00

2025-09-17

214:00

Jump Squats

2025-09-17

215:00

2025-09-17

216:00

Vertical jump power for
headers & sprints

2025-09-17

217:00

Bulgarian Split Jump

2025-09-17

218:00

3x6/leg

2025-09-17

219:00

Single-leg explosiveness
for sprinting & cutting

2025-09-17

220:00

Walking Bounds / Single- Leg Bounding

2025-09-17

221:00

3×8–10 per leg

2025-09-17

222:00

Horizontal power for
acceleration & stride
length

2025-09-17

223:00

Single-Leg Hops (forward)

2025-09-17

224:00

2x6/leg

2025-09-17

225:00

Push-off & balance for
sprinting & changing
direction

2025-09-17

226:00

3. Upper Body Explosiveness

2025-09-17

227:00

Exercise

2025-09-17

228:00

Sets x Reps

2025-09-17

229:00

2025-09-17

230:00

Clap Push-Ups /
Explosive Push-Ups

2025-09-17

231:00

2025-09-17

232:00

Upper body power for
tackling & shielding

2025-09-17

233:00

Pike Push-Ups

2025-09-17

234:00

2025-09-17

235:00

Shoulder explosiveness

2025-09-17

236:00

Superman Explosive
Raises

2025-09-17

237:00

3x10

2025-09-17

238:00

Posterior chain

2025-09-17

239:00

sprint posture

2025-09-17

240:00

4. Footwork & Agility (Fast Feet)

2025-09-17

241:00

Drill

2025-09-17

242:00

Sets x Duration

2025-09-17

243:00

2025-09-17

244:00

Ladder or imaginary
quick feet

2025-09-17

245:00

3x20s

2025-09-17

246:00

Foot speed

2025-09-17

247:00

coordination

2025-09-17

248:00

reaction

2025-09-17

249:00

High Knees in Place
(Fast Feet)

2025-09-17

250:00

3x20s

2025-09-17

251:00

Quick leg turnover for
sprints & defensive
reactions

2025-09-17

252:00

Lateral Quick Step Touch
(side-to-side

2025-09-17

253:00

short distance)

2025-09-17

254:00

3x20s

2025-09-17

255:00

Agility & change-of-
direction speed

2025-09-17

256:00

5. Core Explosiveness

2025-09-17

257:00

Exercise

2025-09-17

258:00

Sets x Reps

2025-09-17

259:00

2025-09-17

260:00

Hollow Hold / Flutter Kicks

2025-09-17

261:00

3x20-30s

2025-09-17

262:00

Core endurance for
sprints & stability

2025-09-17

263:00

Russian Twists
(bodyweight)

2025-09-17

264:00

2025-09-17

265:00

Rotational power for
turning & accelerating

2025-09-17

266:00

Fall 2025 Timetable
(Abiodun Marquis)

2025-09-17

267:00

Monday

2025-09-17

268:00

8:30–9:20 AM !' ENGL

1145 – Intro to Prose
Fiction

2025-09-17

269:00

Instructor: Matthew O.
Gwathmey / Payton G.
Tupper

2025-09-17

270:00

Location: Kinesiology
Building 215 (Lecture)

2025-09-17

271:00

11:30 AM–12:20 PM !'
MATH 1003 – Calculus I

2025-09-17

272:00

Instructor: Muhammad
Muzammil

2025-09-17

273:00

Location: F.J. Toole Hall 3
(Lecture)

2025-09-17

274:00

1:30–2:20 PM !' CS 1073
– Intro to Computer
Programming I (Java)

2025-09-17

275:00

Instructor: Natalie Webber

2025-09-17

276:00

Location: Gillin Hall C127
(Lecture)

2025-09-17

277:00

Tuesday

2025-09-17

278:00

8:30–9:20 AM !' MATH
1003 – Calculus I Tutorial

2025-09-17

279:00

Instructor: Muhammad
Muzammil

2025-09-17

280:00

Location: I.U.C. Science
Library 107 (Tutorial)

2025-09-17

281:00

10:00–11:20 AM !' CS
1203 – Overview of
Computer Science

2025-09-17

282:00

Instructors: Michael W.
Fleming / Hung Cao

2025-09-17

283:00

Location: Head Hall
(New) C13 (Lecture)

2025-09-17

284:00

1:00–2:20 PM !' ANTH
1003 – Environment and
Climate Change

2025-09-17

285:00

Instructor: Summer Wood

2025-09-17

286:00

Location: Carleton Hall
140 (Lecture)

2025-09-17

287:00

Wednesday

2025-09-17

288:00

8:30–9:20 AM !' ENGL

1145 – Intro to Prose

Fiction

2025-09-17

289:00

Location: Kinesiology
Building 215 (Lecture)

2025-09-17

290:00

11:30 AM–12:20 PM !'
MATH 1003 – Calculus I

2025-09-17

291:00

Location: F.J. Toole Hall 3
(Lecture)

2025-09-17

292:00

1:30–2:20 PM !' CS 1073

– Intro to Computer
Programming I (Java)

2025-09-17

293:00

Location: Gillin Hall C127
(Lecture)

2025-09-17

294:00

Thursday

2025-09-17

295:00

10:00–11:20 AM !' CS
1203 – Overview of
Computer Science

2025-09-17

296:00

Location: Head Hall
(New) C13 (Lecture)

2025-09-17

297:00

11:30 AM–12:50 PM !' CS
1073 – Intro to Computer
Programming I (Java) Lab

2025-09-17

298:00

Location: Gillin Hall C112

2025-09-17

299:00

1:00–2:20 PM !' ANTH
1003 – Environment and
Climate Change

2025-09-17

300:00

Location: Carleton Hall
140 (Lecture)

2025-09-17

301:00

2:30–3:20 PM !' CS 1203
– Overview of Computer
Science Tutorial

2025-09-17

302:00

Location: Head Hall
(New) C13

2025-09-17

303:00

Friday

2025-09-17

304:00

8:30–9:20 AM !' ENGL

1145 – Intro to Prose

Fiction Tutorial

2025-09-17

305:00

Location: Carleton Hall
140

2025-09-17

306:00

11:30 AM–12:20 PM !'
MATH 1003 – Calculus I

2025-09-17

307:00

Location: F.J. Toole Hall 3
(Lecture)

2025-09-17

308:00

1:30–2:20 PM !' CS 1073
– Intro to Computer
Programming I (Java)

2025-09-17

309:00

Location: Gillin Hall C127
(Lecture)

2025-09-17

310:00

2:30–3:20 PM !' CS 1073
– Intro to Computer
Programming I (Java)
Tutorial

2025-09-17

311:00

Location: Gillin Hall
C127 make a compatible
timetable tailored to fit my
life after classes each
day of the school week

